

JR. LIFEGUARD PROGRAM 2004

June 14 – July 30, 2004

GENERAL INFORMATION

This five-day course will familiarize teens with ocean and beach skills. It includes an introduction to ocean safety, CPR, first aid, and surf rescue techniques with an emphasis on ocean swimming, paddle boarding and lifesaving skills.

ELIGIBILITY

Open to Male and Female applicant's ages 13 – 17 (by June 1, 2004)

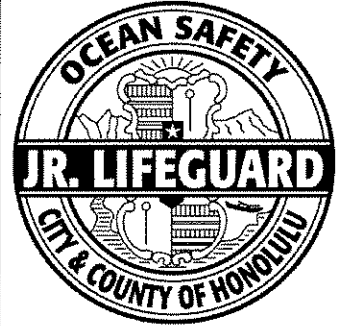
Applicants must have strong swimming skills and a desire to learn about ocean safety.

THIS IS NOT A LEARN TO SWIM PROGRAM!



SCHEDULE AND LOCATION:

All sessions run Monday through Friday from 9 AM to 2 PM. The courses will be held at 5 locations. Ala Moana, Kalama (Kailua), Waimanalo (Sherwood's), Ehukai, and Pokai Bay Beach Parks.



SCHEDULE

Session 1: June 14-18

Session 2: June 21-25

Session 3: June 28-7/2

NO PROGRAM ON MONDAY JULY 5TH

Session 4: July 6-09

Session 5: July 12-16

Session 6: July 19-23

Session 7: July 26-30

**JUNIOR LIFEGUARD STATE CHAMPIONSHIPS SATURDAY
AUGUST 14, 2004 AT ALA MOANA BEACH PARK**

COST:

There is a suggested donation of \$25.00 made payable to: **The Hawaiian Lifeguard Association.**

FOR RESERVATIONS AND FURTHER INFORMATION:

Honolulu (Ala Moana)

Cody Hesser 542-5952

Windward (Kalama)

Shannon Clancey 382-8258

Windward (Waimanalo)

Dennis Sallas 259-9107

North Shore (Ehukai)

Rick Williams 638-8297

Leeward (Pokai Bay)

Aaron Wong-Frank 218-2768

Program Coordinator

Mark Cunningham 589-2251

REGISTRATION by parents or guardians, Saturday April 24th and May 8th, 10:00 AM to 5:00 PM at the following locations:

Ala Moana: The City Store, Ala Moana Shopping Center

Kailua: Kalama Beach Park, 248 N. Kalaheo Hwy.

Waimanalo: Waimanalo Intermediate School, 41-1330 Kalanianaʻole Hwy.

Ehukai: Sunset Beach Elementary School, 59-360 Kamehameha. Hwy.

Pokai Bay: Waianae Store, 85-863 Farrington Hwy.